



## *Did You Know...*

- You need about 20-35 grams of fiber a day.
- Multigrain foods may contain little or no fiber, so look for “whole grain” on the label.
- Whole grains may decrease the risk for certain cancers and heart disease.
- Whole grains contain dietary fiber, which may help control weight and cholesterol.
- Some breads are just white bread colored brown.
- Healthier breads contain around 2 grams of fiber per serving.
- Cereal should contain at least 4 grams of fiber per serving.



South Carolina Department of Health  
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